



Fayetteville City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Fayetteville City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Fayetteville City School System that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$6,050.

Community partnerships have been formed to address school health issues. Current partners include:

- Lincoln County School System
- County Health Council
- Lion's Club
- National Guard
- TN Vein
- HELP (Helping Everyone Learn Prevention - Lincoln County Anti Drug Coalition)
- City Police
- Lincoln County Sheriff Dept
- Lincoln County Juvenile Court
- Fayetteville Fire
- Family Resource Center
- Diane Coggin RD
- UT Extension
- Centerstone
- Jr's House
- Lincoln County Health Dept
- Fayetteville Public Utilities
- Haven of Hope
- Wings of Love

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Here's to Your Health health fair, Back to School Health Fair, Family Symposium, Fayetteville City CSH Newsletter, Leadership Lincoln, Prescription Drug Take-Back, Bookworm Bunch 5k, Imagination Library 5k, Fall Blast, and Tiger Tracks. Currently, 14 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Peer Educators, Fall Blast, Tiger Tracks, and a Back to School Health Fair. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Fayetteville City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- BMI – 879 screened, 357 referred, Blood Pressure – 879 screened, 5 referred, Hearing – 307 screened, 3 referred, Vision – 307 screened, 49 referred, Scoliosis – 108 screened, 7 referred;

Students have been seen by a school nurse and returned to class -- 8234 seen, 7633 sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Summary of Children's BMI-for-Age			
	<u>Boys</u>	<u>Girls</u>	<u>Total</u>
<u>Number of children assessed:</u>	308	285	593
Underweight (< 5th %ile)	1%	1%	1%
Normal BMI (5th - 85th %ile)	53%	58%	55%
Overweight or obese (≥ 85th %ile)*	46%	41%	44%
<i>Obese (≥ 95th %ile)</i>	<i>27%</i>	<i>23%</i>	25%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Fitness room for students and staff, Take 10!, PE 2 The Max, safety mats for gymnasium, Wii Fit club equipment, laptop and projectors for PE, health carts for guidance (laptop and projectors for health lessons), Spark PE Program, FAST after school PE equipment

Professional development has been provided to school health staff . Activities include school nurse alliance, Rural Health Association of Tennessee, PE 2 The Max, TAHPERD, and the School Counselor Association

School faculty and staff have received support for their own well-being through Biggest Loser, Tiger Fit Club, Walk Across TN, Walking Works for Schools, Fayetteville City Fitness Room, TN Vein Center, and Heritage Medical.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include – Food “Fear Factor”, Team CITY Peer Educators, healthy relationships, The Choking Game, importance of physical activity, Safe Dates and Biggest Loser;
- Physical Education/Physical Activity Interventions include – PE 2 The Max, SPARK, Take 10!, Power U, Wii Fit Club, Team CITY peer educators, and Biggest Loser;
- Nutrition Interventions include – Food “Fear Factor”, Team CITY peer educators, Food Show trip, and food surveys;
- Mental Health/Behavioral Health Interventions include – Safe Dates, The Choking Game, and healthy relationships

Add any additional highlights that you think have been outstanding for your particular LEA. In such a short time, CSH in the Fayetteville City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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